



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 06-27-12)

Visit us at www.fns.usda.gov/fdd

110282– Broccoli, Florets, Frozen, 30 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A short spears or florets mean the head and adjoining portions of the stem, with or without attached leaves, which may range in length from 2.5 cm. (1 in) to 9 cm (3.5 in). Each short spear or floret must weigh more than 6 g (0.2 oz). The short spears or florets may be cut longitudinally.
PACK/YIELD	<ul style="list-style-type: none">30 lb case (6/5 lb. bags)One 30 lb case AP yields 29.4 lb (about 71$\frac{7}{8}$ cups) cooked, broccoli and provides about 287.7 $\frac{1}{4}$-cup servings cooked, drained vegetable.One lb AP yields 0.98 lb (about 2$\frac{3}{8}$ cups) cooked broccoli and provides about 9.59 $\frac{1}{4}$-cup servings cooked, drained vegetable.CN Crediting: $\frac{1}{4}$ cup cooked green broccoli provides $\frac{1}{4}$ cup vegetable.
STORAGE	<ul style="list-style-type: none">Store unopened frozen broccoli in the freezer at 0°F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.Store opened thawed broccoli covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Broccoli, florets, frozen

	$\frac{1}{4}$ cup (42.5 g)	$\frac{1}{2}$ cup (85 g)
Calories	13.3	26.6
Protein	.65 g	1.3 g
Carbohydrate	2 g	4 g
Dietary Fiber	1 g	2 g
Sugars	1g	2 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0 mg
Calcium	10 mg	20 mg
Sodium	10 mg	20 mg
Magnesium	7.5 mg	15 mg
Potassium	90mg	180 mg
Vitamin A	32.5 IU	65 IU
Vitamin C	15.9 mg	31.8 mg
Vitamin E	0 mg	0 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Frozen broccoli can be cooked without thawing.• STOCKPOT OR STEAM-JACKETED KETTLE: Add frozen broccoli to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.• STEAMER: Place a single layer of frozen broccoli in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil.• Cook frozen vegetables only until tender but crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen broccoli to serve soon after cooking.
USES AND TIPS	<ul style="list-style-type: none">• Serve frozen broccoli cooked or use in salads, soups, and main dishes.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze green broccoli.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.